

SIMPLY Delicious

Make afternoon tea special with a tasty scone

BUTTERNUT SQUASH, CINNAMON AND PECAN SCONES

Makes 4 scones

GF SF

These nourishing and fragrant scones are the perfect treat for a winter afternoon tea. Serve hot or cool with chia jam or a little coconut oil.

- 225g ground almonds
- 2 tsp of coconut oil
- 1 tsp of apple cider vinegar
- 1 tsp of ground cinnamon
- 100g roasted butternut squash (peeled)
- ½ tsp of bicarbonate of soda
- 40g ground flaxseed
- 40g arrowroot powder
- 30g chopped pecans
- 2½ tbsps maple syrup

- ¼ tsp sea salt
- ½ tsp ground mace

- 1 Preheat the oven to 150°C/300°F/Gas 2, and line a shallow oven tray with baking paper.
- 2 Add the ground almonds, ground flaxseed, arrowroot, cinnamon, mace, bicarbonate of soda and salt to a food processor. Pulse to combine.
- 3 Add the roasted squash, apple cider vinegar and maple syrup and blend to combine.
- 4 Add the chopped pecans to the food processor and briefly pulse to combine until evenly distributed throughout the dough.
- 5 Add the coconut oil and blend until you have a slightly tacky dough. The dough should not be dry or too sticky.
- 6 Scoop the scone dough from the food processor, roll into a large ball and place on the lined baking tray.

- 7 Press the dough down slightly so that it is of an even thickness — about 1¼ inches — and use a scone cutter to cut 4 scones from the dough. You can make more, or less, dependent on the size of your cutter, or simply shape the dough with your hands.
- 8 Transfer to the oven to bake for 25-30 minutes, until golden brown all over and cooked through.
- 9 Leave to cool a little before serving.

Per Serving (127g)

Calories: 551, **Carbohydrates:** 28g, **Sugars:** 11g, **Salt:** 0.95g, **Fat:** 43g, **Saturates:** 5.2g, **Protein:** 15g

Recipe from:

the CNM Natural Chef Kitchen at the College of Naturopathic Medicine. You can study at CNM to become a Natural Health Practitioner, a Natural Chef or a Vegan Natural Chef. naturopathy-uk.com